LDS and Addicted

This is my personal blog about the experiences and struggles that I have had and am having as an LDS man struggling to fight a Pornography and Masturbation addiction.

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Monday, October 5, 2015

Awakening

So several things have occurred since my last blog post. I was SOO depressed and I apparently couldn't realize that I was depressed and that my medication was not working. I was feeling very suicidal and so I reached out to my very good friend Aaron. I emailed him my situation and feelings, and asked what I was to do. He came to my work, picked me up and took me home and straight to the hospital. I told my wife what was going on, how I was having all these intruding thoughts of blowing my brains out, and that they won't stop. She got scared, but supported me. I went to the hospital, and sat in the middle of a hallway for hours, until they could get me some help.

They sent me over to Mohave Mental Health Hospital. I have never been admitted to an inpatient mental health facility before. It was quite the experience. Suffice it to say that it was an eye opening experience to see what comes with mental health issues. It was basically a prison with good food! Nothing to do, no pockets, no underwear, NOTHING that could be used to kill ones' self. Total prison. But it was nice to be away from technology for a couple of days. I realized that I am pretty much addicted to phones, internet, technology in general.

I went to a doctor's visit after I got out, and we had a good chat about life in general. She asked if I read the news. I said... YES, of course. I have occasional down time at work, so I spend that down time surfing the news. Well she brought up the point that the news is always very negative, so I need to surround myself with positive things. So I have stopped reading and watching the news. It's been kind of nice. I don't get worked up or angry about stuff that's going on around me, because I don't know about it. I kind of need to know bits of things going on here and there for my job, as I am on a Rapid Deployment Team, and we were just put on alert for possible deployment because of flooding caused by some hurricane in the South. I don't know much more than that, because I am trying to stay away. I just don't care anymore about the news and all the negativity. I guess I was soaking it up, and now I am trying to get away from it.

I was placed on ANOTHER antidepressant called Buspirone. I think it's really helping me to feel normal again. I can joke again, I don't have those very intrusive and disturbing thoughts that won't go away. I'm feeling happy and positive. I feel MUCH better than a couple of weeks ago when I was ready to throw it all away. So sad. Anyways, there's the update!

Posted by John Smith at 12:55 PM
Reactions: ☐ Funny (0) ☐ Interesting (0) ☐ Inspiring (0) ☐ Didn't do it for me (0)
No comments:

Sunday, September 13, 2015

Still depressed

Today is Sunday. I seem to hate Sundays these days. The talks in church were all about doing the right thing. Well my right thing might be different than someone else's right thing. That's one thing I don't like about the church.

Anyways I was having all of these suicidal thoughts about an hour ago. I was trying to feel what it would be like to be out of this life and back to live with God again. Would I be happier? I don't know. Would god even love me if I took my life away from this world? I don't know. Would my family miss me? Most likely yes. But sometimes I feel that life would be so much easier on the other side. I have guns lying around and all it would take is one shot to the head and life would be over. These are dark thoughts, I know. But it helps me to write them down and get them out so I don't dwell on them. My wife has pretty much banned me from speaking to her about tough subjects and I don't have anyone to talk to about my feelings. So my blog now is really just my outlet.

It drives me nuts when people treat me like I am inferior to them and they know what's best for me. I feel that way a lot at church. I feel like people would rather try to force me to stay at church rather than letting me make my own choices. Why do they do that? They say they only care about me and want what's best for me. Well, who knows what's best for me... Me? Or you? Probably me. Church drives me nuts these days and church members do too.

OK rant over...

Posted by John Smith at 7:41 PM
Reactions: ☐ Funny (0) ☐ Interesting (0) ☐ Inspiring (0) ☐ Didn't do it for me (0)
No comments:

Tuesday, September 1, 2015

September Update

I guess it's been quite a while since I blogged anything, so I will try and do some updating.

First off, a lot has changed over the past 9 months for me. I have really been doing good as far as my pornography addiction goes. I have only slipped probalby like twice. This is real progress for me. Up until now, I usually could not go a month without looking at porn, so I'm really doing good! What makes the difference? I am not entirely sure what to attribute to my success. I guess I just lost interest and I understand how damaging it can be. Masturbating on the other hand, I still do occasionally. I really think my masturbating is closely correlated to how my relationship with my wife is. If we are close as husband and wife, then masturbating goes down. If we are NOT close, masturbating goes up. Makes sense.

As far as my church issues are concerned, I have decided to back off a bit from the church. I decided that I no longer wanted to pay tithing. I chose this because for me tithing is a personal decision to support the church, since this is where tithing money goes... to build up the church. I have not been close to the church for a while now, and I don't want to contribute to help build temples or new churches, hence my decision. This was a difficult decision, but I feel that my thousands of dollars that have been going to the church could be better spent elsewhere. There are other reasons for this decision, but I don't want to dive into them here.

I have also decided to stop wearing my garments. This was another personal decision that took me quite a while to feel comfortable with. There are several reasons why I reached this conclusion, but again I don't want to dive too deep into my personal feelings. I really have felt better about things since doing this. I don't feel so trapped in the church, and that I actually have a choice when it comes to church decisions. All my life, I've felt like I've always done the right thing (according to the church) because I felt like I never had any other choice. I always felt like there is no life outside of the inevitable... get baptized when 8 years old, get priesthood when 12, 14,16, go to temple and take out endowment when 19, start wearing garments, go on mission, get married and sealed in temple after mission, live happy life with wife and lots of kids until you die... I thought that was the ONLY choice in life, which doesn't seem like much of a choice anyways. I've always done things that were expected of me, not because I WANTED to do them, because I'm expected to do them. Like go to church for example. I've never stopped to think and say to myself... WHY do I go to church if I just play on my phone throughout the mtgs? Why pay tithing every month when I don't want to? Why wear my garments when I haven't been comfortable in them for a year now? Why go to the temple when I've ALWAYS thought it's very ritualistic and very weird and cult-like? I've been through many sessions, and it never gets "normal" for me. It's always been very off to me. So I decided to step back, and analyze why I am doing some things, and I've decided to stop doing SOME things that I don't agree with.

It's been a hard road, and a lonely road. My wife is still very much a true believing mormon and just can't understand why I would think this way. Just yesterday, I tried to share some of my thoughts and feelings with her, so she could understand where I am coming from, and she pretty much told me that I am too emotionally draining for her right now and that she doesn't want to know my personal feelings or thoughts anymore. So she closed up and shut me out. So that's that. It hurt.

SO I decided that I would just share my personal thoughts and feeling on my blog, so that I could get them out of me, instead of overloading my wife. I guess it's a win-win if I do it this way. What else?

Oh I only go to Sacrament Mtg now, since that is the real reason why we go to church anyways. The other 2 meetings are just fluff in my opinion, and I don't feel comfortable in them, so I don't go. It's really been nice to take a step back and realize that I am not being FORCED to do something that I don't feel comfortable doing. It's nice to try and get rid of that "Church Expectation" that's been riding me my whole life. It's nice.

I'll post more another day...

Posted by John Smith at 11:06 AM
Reactions: ☐ Funny (0) ☐ Interesting (0) ☐ Inspiring (0) ☐ Didn't do it for me (0)
No comments:

Thursday, November 6, 2014

Doubt

The last couple of weeks, I have had SO MUCH DOUBT creep into my mind. Well, let me back up, for the past 6 months, I have had lots of doubts about the LDS church. I have written about wanting to stop wearing my garments. I'm still sporting them because I guess I'm too scared to take them off.
So a few days ago, I wrote a big long email to my wife explaining that I have all these doubts about the church, and that I don't want to pay tithing to the church anymore. Basically my justification is this... Tithing is used to help build up the church, temples, missionary work, BYU, etc. I feel that my whole life I've done everything in regards to the church because I've been told to and because its the right thing to do. I'm tired of doing things for the sole reason of "because it's what's expected of me to do". If I want to pay tithing and give thousands of dollars every year to the church, I want to WANT to do it, not do it because I feel like I have to. I don't want to donate to the church to help build it up right now. I don't want to donate my money to support BYU. I'd rather give money to fast offerings because that's the money that's supposed to take care of the homeless, less fortunate, and those that are struggling with life. I'd think that THIS part of giving to the church should be a bigger deal. I know that the church gives millions to people all around the world. But I saw an article somewhere stating that they estimate that the LDS church receives something like $14 billion dollars in tithing donations every year. That's an incredible amount of money, and I think we could do better things with that money. Just my opinion.

So I wrote all this long letter explaining that I'm having this internal conflict right now and I don't know how to resolve it. I've been praying to the Lord to help me work through it and either accept it or not. I really haven't received an answer yet. But I do pray very hard every night for guidance. I poured out my deep feelings that are probably hard for my wife to hear. She wrote me back and basically told me that I am not in a good spiritual place right now to judge what the church does with the tithing and until I become close with Jesus, I shouldn't judge. (Basically that's what I got from it)

I felt hurt by this. I felt that she didn't validate that I have feelings that are causing contention within myself right now and that they don't count. I feel that she was telling me that I should just keep paying tithing and doing what I've always been told because I'm not in a spiritual position to have my own feelings. So therefore my feelings don't count. Maybe I'm reading too much into this, but it made me mad. Just because I feel differently than she does, or differently than I used to, doesn't mean my feelings aren't valid or are real. She brought up a point that she thinks that I've had my addictions for so long that my spiritual growth never fully developed, so she thinks that's why I'm feeling the way I do. I kind of agree with that part. I've had a masturbation addiction since I was 12, and a Porn addiction for the past 10 years. So yea, I guess I couldn't have gained a testimony during this time.

So where does that leave me now? I have no idea...

Posted by John Smith at 7:45 PM
Reactions: ☐ Funny (0) ☐ Interesting (0) ☐ Inspiring (0) ☐ Didn't do it for me (0)
4 comments:
Labels: Doubt, LDS Church, Masturbation, Mormon, Porn, Pornography

Saturday, September 27, 2014

Feeling Positive (for once)

A few days ago, I was feeling SO depressed about my situation and life. I wrote this long email to my wife explaining some of my frustrations and feelings, and I started out by telling her I feel like a piece of shit. She told me not to swear when I am talking to her. I normally don't swear. I don't remember ever swearing out loud before, wait, I take that back, I accidentally did it 2 times when I was a little boy that didn't know any better. Other than that, I might think about swearing, but I never swear. Ok, let's be honest, I swear A LOT while acting out to porn when I am by myself.

Anyways, that night I told my wife that I don't have anyone to talk to about my feelings, and that I don't want to open up to her, because I don't feel safe and don't feel like she listens well. She hears me, but doesn't truly listen to me to see how I am feeling. She said that she would try her hardest to listen while I share with her my frustrations and gripes. So I did. I opened up a bit and told her some of my doubts about the church, why I think the way I do, why I get so frustrated, what a whirlwind is going on in my mind right now, etc. She actually did very well in supporting me. I felt like I was being heard for once. I told her about how I doubt several aspects about the church and how I feel like I do things because I am expected to, not because I believe in them and that I want to. I feel that there is such a high expectation to strive for perfection in the church, and that if someone doesn't fit the perfect description, then you are pretty much cast out and looked down upon. I feel that there is so much judgement in the church that shouldn't be there. I am in a ward where there are many people that come with tattoos, lots of overweight people, lots of people that come in Jeans and normal clothes (because that's probably all they can afford). I like to see people like that at church, because the church SHOULD be so welcoming of anybody that comes to listen. BUT now that I'm on the other side, the one that is the sinner, I don't feel welcome there. It's weird.

SO I told her about my latest acting's out, and much of what I was feeling. We talked for like 2 hours. I can't remember the last time we actually sat down and talked like that. It was nice. The night prior to this occasion, we were in a huge fight, and my wife went to bed crying (after throwing things at me, and hitting me, OK slapping my arm, nothing serious, just out of frustration). She had had it, and was ready to throw up her arms and give up. I was on the other side of the bed listening to her crying and I got this distinct impression... "John, go over there and apologize, she doesn't deserve this". So I did. I apologized to her and then cuddled with her. The next several days have been good. Something inside me just changed. I wanted to be nice to her. I wanted to be nice to my children. I wanted to choose the right.

Just now, she came in and talked to me and told me that she wants to sit down with me and go through the 12 steps with me. She said a whole lot more than that, but I feel like whenever she brings anything that has to do with addiction up, my defenses go up and I want to run. I get mad and frustrated. Why is that? Things have been great until just this moment. Now I'm feeling guilty and sad and down again. Why the change all of a sudden? I don't get this stupid addiction... I don't feel like completing this, so I'm done for the night.

Posted by John Smith at 10:04 PM
Reactions: ☐ Funny (0) ☐ Interesting (0) ☐ Inspiring (0) ☐ Didn't do it for me (0)
3 comments:

Friday, September 12, 2014

Depressed

Today I am depressed. I feel down about my situation. I guess I feel sorry for myself for being in this mess of a situation that I have created. I feel down for failing at being a good husband and father. I feel depressed that I do not love my spouse the way that I am expected to, or that I SHOULD.

For the past 2 weeks, my wife had been in a different country traveling. This was my moment to stay home with my kids, and show my wife that I could take care of them alone. I was going to stay off the naughty sites, and not masturbate. I was all ready to give it my all. The very night I dropped her off at the airport, I came home, binged on porn and masturbated. So much for all those ambitions. They flew out the window with my wife. I binged on porn most nights, and masturbated almost every night she was gone. I guess I felt that I was free to do anything that I wanted to do, because "Momma ain't home, and there's no one that's gonna tell me otherwise". So I did.

When we went to the airport a couple days ago to pick her up, I should have been elated and ecstatic to see her. I should have wanted to put my hands all over her. But I didn't. I could hardly even give her a small hug when I saw her. I can't talk much to her. I don't want to have sex with her. She tried to get me to have whoopy with her this morning, and it didn't last long, lets just say that. Good for me, bad for her. I don't want to kiss her. I don't want to touch her. I don't want to kiss around her neck the way she likes. I just want to avoid any intimate situations. It's sad.

I know why I am this way... Obviously it was because I had just binged on porn and essentially slept with many different women while she was away. No wonder I never want to hug and kiss her, or even hold her hand. There's no love coming out of me. I know it's my own dang fault, but I think I am not capable of giving love to my wife right now. That's hard to say, and I think she would flip if she read this. But I think its true.

All of this makes me very depressed about life. I am on antidepressants for good reason. But thinking about where my own personal life is headed is very depressing. I let it get to me too much, and then begin looking for anything that can numb my pain, and then I find some porn and masturbate to it. Then I feel guilty and down and depressed. Then the cycle starts all over again.

As an update to my last post, I have NOT stopped wearing my garments. I told my wife that I really want to, but in all actuality, I probably won't. I sometimes long for normal underwear. I long for a change in that department, even how silly it might sound. Us LDS members do not have very exciting undergarments, and when you live in a hot part of the country, and you have to have multiple layers all the time, I think it gets annoying. Sweaty butt, sweaty armpits, etc. Sucks. Oh well.

As far as my progression in my recovery, I'm probably going backwards instead of forwards. I am in limbo, and have zero desire to do "the right thing". Sometimes I feel that I want to just throw my hands in the air and say "I QUIT, I'm sick of doing the right thing and trying to live up to all the high expectations that are set upon me. I've had it and I'm no longer doing it all anymore". I want to do it, but I am terribly afraid of how my wife would react, and I honestly do want to set a good example for my kids. I love my kids with all my heart, and always want to be there for them. I hesitate to have my kids come into my room one morning and ask why I'm not wearing the white underwear. I don't really want to have that conversation with them. I want to love and support them and be their role model, hence my inward conflict.

OK, I'm done whining for the night. Just had to get it off my chest and tell someone, anyone....

Posted by John Smith at 8:51 PM
Reactions: ☐ Funny (0) ☐ Interesting (0) ☐ Inspiring (0) ☐ Didn't do it for me (0)
2 comments:

Friday, August 8, 2014

Male "PMS" is a real thing... it's called MANopause!

The older I get, I swear that male PMS monthly cycles is a real thing. Maybe I'm unique, but it seems to me as though every month or two I have all these mood swings, and crazy thoughts and feelings and don't know how to deal with them. I feel like drinking a lot of Mountain Dew to cope (instead of chocolate), I flip out and get frustrated and angry at small things in life, and am an all around not very nice person to be around.

Recently, my wife decided that she wanted to go visit her brother who is currently living in Germany. Her brother was willing to fly her over there for next to nothing. I am a person who is definitely a homebody. I like to stay home when I have time off. I don't like to travel. My wife on the other hand does. She wants to get out and see new things. We have a conflict there. This put me over the top. The end of the world is near. I have been silent and really haven't spoken to my wife for about a week now, because apparently I like to go quiet when I get frustrated or mad over something.

On a slightly different note, I read a documentary report the other day about a journalist that went behind the scenes of several different porn shoots in "Porn Valley". It's called... "They shoot Porn Stars don't they?" I will not put a link to the documentary, but it talks about all the violence, rape, and overall bad stuff that really occurs when porn is being created behind the scenes. Pornography is all fake, all smoke and mirrors. I knew this beforehand, but this story was eye opening. It's VERY graphic, but it really opened my eyes to what I am contributing to, when indulging in pornography. I don't want to contribute to that. I am better than that. I don't want to support girls being forced to do porn or else they will be killed or raped, or worse.... It's disgusting. I get it! I do. It's not that easy to give up, but I understand why it is so bad for you.

My spirituality recently has taken a turn for the worse. I wrote an email to my wife the other day stating that I wanted to stop wearing my garments. I knew she was going to flip out, but recently I've been very uncomfortable in them. Not just the fabric being uncomfortable, it's that I'm not really worthy to wear them (or so I feel). I've been pretty good as far as my addiction goes, (an occasional MB slip, and very little Porn slips), but I feel that sometimes I just go through the motions of life and church because that is what is expected of me. I still believe in the church and God and Jesus and all that. I sometimes feel though that I go to church with a smile on my face every week because I am expected to, not because I want to. I wear the temple garments because I am expected to, not because I necessarily want to right now. I do a lot of things that I have always been expected to do, not because I firmly believe in what I do, I just do because that's what a good LDS member does. Sometimes I wish I could just take a step back and start all over. Start from scratch. Start the discussions over again, regain a testimony, get baptized again, have that burning desire to stay close to the spirit all the time, etc. Build up slowly, because I feel that I've been "lost" for so long that I do not even know where I am in life anymore. I want to do all the good things LDS members do because I feel strongly about it, not because I am expected to. I feel like there is so much expectation in the church, and if you stray at all away from that high expectation, you're considered apostate and that you're going to hell! I guess I don't see it that way. I feel that every person is different and that each person is on a different spiritual level. Some are on fire, some take a lot longer to get to the higher spiritual levels. But EVERYBODY SHOULD BE ACCEPTED and WELCOMED, REGARDLESS of where you spiritually rank. That's the way it SHOULD be, but at times I don't think it is that way.

That reminds me of moving from one state to another. Our previous ward in a different state was great. There were alot of LDS members in the city, large wards, everybody went to church, participated, etc. Not too many missionary experiences too place, because mostly everybody had heard about the church and wants nothing to do with it, or is a past member. So reactivating members was big in the ward. We moved to a very small town where we currently reside, and our ward here is much different. Definitely a missionary ward. People are being baptized all the time, ladies come to church all tatted up on their arms, legs, backs, etc, people come in whatever clothes they can find. There are a lot of poor people where I live, so some of them don't have any church clothes to come to church in. And you know what? That's OK. I really like it better than my previous ward. You can come to my ward in whatever, smelling or looking like whatever, and mostly everybody is OK with it, and welcoming. It's a nice change. There still is the LDS expectations that exist everywhere, but oh well.

Sorry, this post is all over the place. Like I said, I swear I'm going through MANopause right now. My hormones are raging, my emotions are crazy, I want to do stupid thing that I know I shouldn't do, and I just have a hard time controlling it all. I keep fighting....

Posted by John Smith at 9:48 PM
Reactions: ☐ Funny (0) ☐ Interesting (0) ☐ Inspiring (0) ☐ Didn't do it for me (0)
2 comments:

Sunday, January 19, 2014

Still plugging along

I believe its been almost a month since I last binged in porn. That is a huge success for me lately. I was on an schedule for many months that I had to get my fix at least once a week. But recently I've been doing a little better. I would probably attribute my success to my wife. She's had the goal for the past year to attend the temple once a month, and she's done it. We live a couple hrs away from the temple and we have 2 small kids so this is no small task. She's really been the one "carrying the wagon" as she says. I obviously am not able to attend the temple right now, well let me clarify... My temple recommend expired and I've been in talks with the bishop lately and I'm pretty sure he wouldn't sign off on a new one yet.

But looking back at the past month, I've struggled with mb a lot, but not porn. So for me, that's a success. I haven't been working the steps or anything lately. I just need to get off my lazy buttcrack and start back into the steps of recovery.

I guess that's all I wanted to share with you tonight.

Posted by John Smith at 9:08 PM
Reactions: ☐ Funny (0) ☐ Interesting (0) ☐ Inspiring (0) ☐ Didn't do it for me (0)
6 comments:

Thursday, August 1, 2013

Home Alone

My wife decided that she wanted to go to her parents house for a week or so, to have a vacation from our "Messy life" as well as to give our children an opportunity to play with their cousins. So she left a couple of days ago. We hadn't spoken since, until about 20 minutes ago when she called me up all mad, saying that "I should have been the one to call first".

We didn't say much. She asked me if I had been good, to which I replied... "No". She asked... "every night since I left?" and I replied "Yup". That was pretty much the end of the conversation. I have been naughty for 3 nights in a row now. Why do I do this? My wife thinks that "THIS is the way I really am, and that having her and the kids home just delays or gets in the way of me acting out, so I am better for longer when she's home". Is that true? I didn't think I was like this.

It seems to me that whenever I get left alone for a week or so, or I go on a business trip, or am alone, my first night I seem to binge on porn and MB. I seem to try to get it all out of my system and then the rest of the trip, or the rest of the time alone I am fine. I don't act out, or do anything I am not supposed to. THIS time, I guess I have given up on the fight. I seem to go to the computer when I am lonely, bored or tired after work. I definitely binged the first day, but I keep doing it, night after night. She's not coming home for another week. So either it's going to be a LONG week, or I can somehow find the strength to overcome temptation and work on getting better.

On a side note, I have NEVER been tempted to drink alcohol or smoke anything... my whole life. The temptation's just never been there. The first night I was alone, I stopped by a restaurant to get me a sandwich and and drink for dinner before going home. I have never been SO TEMPTED to buy something alcoholic and drink. I wanted to just drink my worries and problems away, as well as have that relaxing sleepy feeling. I am so scared to do that because I'm a medical professional and am also in one of the 7 uniformed services. If I were to do something stupid like drink and drive, or get thrown in jail for something while intoxicated, then my life and career would pretty much be over! So that alone keeps me from it. ALSO what keeps me from drinking is the fact that I already am an addict to something and I can almost guarantee that I would become an addict to the bottle, and I do NOT want that. BUT I all of a sudden have that strong temptation. I'm SURE it's because I'm in a weak state and my defenses are down, and have been looking at porn. It SUCKS!

Ok, I'm tired. Going to bed.

Posted by John Smith at 10:11 PM
Reactions: ☐ Funny (0) ☐ Interesting (0) ☐ Inspiring (0) ☐ Didn't do it for me (0)
4 comments:

Sunday, July 14, 2013

10 Year Anniversary

A few days ago was our 10 year anniversary of my marriage. It should be a very exciting time... I mean 10 years living with someone is quite an accomplishment. 3 kids and a lot of schooling later, it's amazing that we made it this far.

To explain the health of our relationship, let me explain how our 10-year anniversary played out. I woke up, went to work, I remembered that it was our special day, I sent my wife an email saying "Happy Anniversary", wife didn't get my email until right before I got home that evening, she totally forgot, felt bad, posted it on Facebook, and that was pretty much it! If that isn't an indicator of how our marriage is right now, I don't know what else would be. No gifts, no thoughtful acts, nothing. I remembered, but I didn't feel like buying anything or going the extra mile for my wife. She just plain forgot. So sad, but true.

Last year, I remember my wife telling me that on our 10 year anniversary, she wanted me to buy her a special wedding ring. See, when we first got engaged, we were at BYU-I, and she got all caught up in wanting to be able to pick out the perfect ring. I had a ring in mind that I wanted to buy her, but she insisted that she pick out HER ring. So I let her. Years later, she felt bad that she didn't give ME the opportunity to surprise her, she's always felt bad about it. So she wanted me to pick out a special ring on our 10-year anniversary as sort of a DO-OVER. I thought about it, I WAS going to, but man, I think my love has been so destroyed over the past year, that I couldn't bring myself to even look at rings, or go to the store. It's pathetic. It's too bad really. I could have, I SHOULD HAVE, but I didn't. So I'm just as much to blame for a lame day as her, probably more so.

So she came to me last night and shared her feelings with me. She feels as though our anniversary was an indicator of the health of our relationship, which is crap pretty much. She's upset. I understand. I feel the same way. I am just stuck in this nasty addiction that I am not doing anything to get out of. I am being complacent. I always think about the example of sitting on a fence. You really can't. You're either on one side of the fence or the other, you can't just sit on the fence without falling onto one side. You're either progressing, or digressing, there is no in-between. If you're not moving forward, you're moving backwards. I keep thinking about that, because I'm not doing anything to move forward, so I guess I'm moving backwards. It sucks, I feel like I'm in this vortex that won't let me breathe or get out alive. Addictions blow!

Posted by John Smith at 9:29 PM
Reactions: ☐ Funny (0) ☐ Interesting (0) ☐ Inspiring (0) ☐ Didn't do it for me (0)
3 comments:

Sunday, June 16, 2013

FINALLY... A small glimmer of light

I have FINALLY come out of my latest pit that I dug for myself. The past few weeks have been rough, for my wife and for me. I withdrew myself completely from my life. I stopped caring about my wife. I didn't want to touch her, be around her, talk to her, have sex with her, nothing! We went almost 3 weeks without so much as a "OK i'm going to work now, see ya", and a "i'm home, I'm tired, work was fine". That was pretty much how much I talked to my wife each day.

I recently was put back on antidepressant medication, but I am not sure that this time around it has the same effect as before. I might need to change to something stronger. I am still depressed. Doesn't help that I"m not reading my scriptures, not praying every night with my wife, looking at porn, and masturbating. That's definitely a spiritual killer.

But this latest bout of depression was bad. I was ready to throw in the towel and walk away from my marriage. On Friday, my wife was right along there with me. She had had it. She called my dad (who knows about my addiction) and pretty much told him that she can't take it anymore and if he could talk some sense into me. Later that afternoon, my dad called me and wanted to talk. Immediately I knew what he wanted to talk to me about. I kind of expected my dad to be called in to snap me out of my hell I put myself in. We talked for about an hour, and kind of gave me a reality check. Friday evening, I went home from work and talked to my wife. We talked about our frustrations, ideas of splitting up, why we shouldn't, etc.

Really it was just good to talk. I have felt like I have been a mute for the past 3 weeks. No one to talk to, no one to relate to, just my own thoughts and impressions, and they can't be shared with my wife because they're not pretty and she kind of made it clear that this is MY addiction and she wants NO PART of it. I have been kind of hoping that she would read the "White Book" or the "12 step program" guide and work them with me, and try to understand what I am going through, but she told me that she hasn't wanted to do that because it brings up such raw and hurtful feelings that she wants nothing to do with it. It's my addiction, I need to own it and she wants nothing to do with it. So that's hard for me.

I tried to go to our local 12 step LDS meeting about a month ago, and there was one other young kid there, and that's it. It was basically me, this other kid and the missionaries. It was kind of awkward. I have been to other meetings where there are alot of people that attend the meetings, and I love them. They are very uplifting and really was the only place that I felt the spirit so strong. But it seems that I don't have that option where I live. So talking with people that can relate to me is hard. First off, I am not that outgoing and don't want to go looking for company. Second, my addiction has really killed my desire to accomplish or progress in my recovery.

I'm just rambling, but at LEAST I'm not so silent. We had a great weekend together! Probably the best weekend in months. Hopefully it lasts.

Posted by John Smith at 9:05 PM
Reactions: ☐ Funny (0) ☐ Interesting (0) ☐ Inspiring (0) ☐ Didn't do it for me (0)
5 comments:

Saturday, June 1, 2013

Silent

I titled my post "silent" for a very specific reason. Let me explain...

Last weekend, one of my friends (who is a girl BTW) came to town to hang out with my family. We played a lot, and my wife got along fine with her. On Sunday, I went to sacrament meeting and then took my friend to see a dam close to my house.

It was just her and I. My wife said that I was "going out on a date with my girlfriend", but she had come a longways to see us so I just wanted to make sure she had a great time. Needless to say, she wasn't happy I skipped out on church.

We had a great time. Just hung out. No real flirting, no kissing, none of that. I came home earlier than I was planning because I felt that I should go home and hang out with my family. All turned out good. Wife was happy when I came home early.

Then the next day I turned to porn and mb again. Wife left and the kids went to sleep early. Oh how I longed for the high that comes with looking at pornography and masturbating to it. I'll be honest, I do love that dopamine release. Its a very strong chemical release that's hard to turn down... (At least for me it is).

I'm sure you know the rest of the story... Wife comes home, confronts me, asks if I had been naughty, I said yes, she gets very upset, lectures me for like 20 mins about her hurt feelings, my recovery not progressing but digressing, etc. This pushes me back into my silent cave.

We haven't talked much since then,only arguments once in a while. I've been in my cave, silently beating myself up. It sucks. All these crazy ideas come to my head when this happens, like I'm gonna come home from work one day and my wife'll be gone with the kids forever. It wouldn't shock me, and I kind of expect it. Isn't that sad.

So here I sit... Silent! Silent in a loud world. Silent in my own house. Silent in my marriage. Silent in my recovery. That's the best way I can describe how I am feeling...

Silent...

Posted by John Smith at 3:54 PM
Reactions: ☐ Funny (0) ☐ Interesting (1) ☐ Inspiring (0) ☐ Didn't do it for me (0)
8 comments:

Sunday, May 5, 2013

Lust Fit

That's a term that I have read that many people use to describe that time when your lust senses are totally out of control. EVERYTHING around you is a trigger. I have experienced this fit of lust a lot.

Most recently was about a week ago. I had been clean for about a week. When I am starting to do good, read my scriptures, and keep my mind occupied, days seem to go better. I have observed also that as every day goes by that I am clean, my urge for lust seems to increase, day by day. When I am clean for a week, as was this case, my mind was in a lust range. I couldn't focus on anything but sex and porn. It's terrible.

That particular day, my wife had told me earlier in the day that she was going to the temple, and that she would be home late, and that the kids would be at home waiting for me with a babysitter. After she told me this, my lustful mind starts running wild. "How can I just look at a little porn and get away with it without anybody knowing?" "Oh how I long for that chemical high that I have felt before". "Do it quickly, don't tell a soul, nobody will know". These were some of the thoughts that were constantly pounding me throughout the day.

When I got home from work, the kids were happy as ever. I took the babysitter home, made dinner for my children, and then tried to keep my mind occupied, so I wouldn't think about my lust fit that I had been in the entire day. Needless to say, I lost. I quickly put the kids to bed the first chance I could, went straight over to our computer, overrode our computer protection, and found what I wanted. 30 minutes later, the lust fit was over, and I felt horrible.

I tried to fall asleep before my wife got home so I wouldn't have to explain to her that I had been naughty while she was at the temple! Yea, it just sounds terrible, I know. She got home, I pretended that I was sleeping, and all was well... yea right. I had this sick and empty feeling inside me that wouldn't go away.

The next day, I emailed my wife while I was at work, and told her that I had screwed up. We had a talk when I got home from work and all is well.

Well, two nights ago, I woke up in the middle of the night in a "Lust Fit". Some other blogger so eloquently described it as "Waking up Dripping in Dopamine". That's exactly how I would describe it. I am turned on and horny as ever, and just need a small push to send me over the top. I am not strong enough to avoid "that extra push", so I gave in and masturbated. It gets rid of the Lust Fit, but what does it do to me? It keeps me in my cave. It puts this huge thick wall between me and my wife. It's terrible.

This brings up another thought. I wonder if my wife is "TOO" understanding about my addiction, to the point that she is kind of an "Enabler". Not to say that she encourages me to look at porn and masturbate, because she doesn't in the least. BUT she is too understanding sometimes. She kind of tries to deal with it and let it go. So in MY lustful mind, I think I take advantage of that, thinking "She'll get over it, so I kind of have permission to do it again and again". What I'm saying is that I guess I feel that there are no real consequences to my actions, other than destroying the love and closeness between us (which is huge, don't get me wrong). What do I do? I'm not sure.

I hate getting into a lust fit, plain and simple. If I can avoid it all together, that is the best solution.

Posted by John Smith at 4:59 PM
Reactions: ☐ Funny (0) ☐ Interesting (0) ☐ Inspiring (0) ☐ Didn't do it for me (0)
5 comments:

Sunday, April 28, 2013

Mental Health is a real thing...

So I was talking with my spouse today and I was telling her that I feel like have a lot of the traits of being bipolar! The last couple of weeks have been good. I got re-started on Antidepressants, and oddly enough, I am feeling more clear in the head, and not so stinkin' depressed and doom and gloom about life in general. I feel like I go through spurts... I am on my upside, heading up toward bigger and better and happier things. Unfortunately, history has shown that it's only a matter of time before I crash, and I get all depressed, and give into my addiction and get more depressed, and give in more and binge on porn, and get more depressed, and son on and so forth. Something has to give and snap me out of the addiction process, before I snap out of the situation and start feeling better. This is how it has been, UP and DOWN.

Now, do I REALLY think that I am bipolar? NO, I don't, but I certainly have some traits. I'm not so manic that I am flying around at 100mph, can't sleep, always on the go with grandiose ideas. Have I had grandiose ideas that I really thought I was going to make alot of money doing? Absolutely!!! A few years ago, I had this grand idea of starting an online LDS old church book store where people could buy old LDS church books. So I ran out (That DAY) to Deseret Industries and found a whole ton of LDS books (about $100 worth, which by the way, we didn't have money to spend), ran home and started making a storefront online at eCrater.com. I put a few books up for sale, thought I really had something, and about a week or two later, I gave up and decided, that was a stupid idea, put all the books in a few boxes and never looked at them again. Eventually, I have gotten rid of them. BUT in my mind, I was SURE I was going to make us A LOT of money. Didn't happen.

So NO I don't really think I'm bipolar, but man, I can relate to some degree. I am on my up-swing. I am feeling good. Life is good. I am not so depressed. I have not been tempted as much either. When I feel good inside, life seems to go smoother. I have decided that I have been sick in several areas... I think it is important to be healthy....

-Physically
-Spiritually
-Mentally
-Sexually
-Emotionally

I feel that I have been neglecting all 5 of these areas. I haven't been working out or getting MUCH exercise at all. Spiritually I'm dead... I haven't read my own scriptures for months, I don't really do anything to really invite the spirit into my life. Mentally, I am getting better with medication, and occasionally some personal reflection and meditation. Sexually, my wife and I are connecting. I really try hard not to look at her as a piece of meat and something that I can manipulate and control to my desires. Have I done it in the past? Yes, absolutely! Do I want to do that anymore? NO, absolutely not. Emotionally, I struggle. I really have a hard time feeling anything. Porn and masturbation really kill the emotional part of health.

So these are the 5 areas that I have decided that I need to work on to bring my health up to a level where I really feel that I can make some progress in my addiction. Until I get these under control, I'm screwed. But I feel that recognizing this is huge and just like they say... "Faith without works is dead". I just can't study it and look at it, I now have to DO something about it!

For those of you who have a great sense of humor, I learned of a great song about mental illness in pharmacy school, called the "Thorazine Shuffle"... HILARIOUS!!! Give it a listen...http://www.youtube.com/watch?v=1E6ywsBBSj0

Posted by John Smith at 8:40 PM
Reactions: ☐ Funny (0) ☐ Interesting (0) ☐ Inspiring (0) ☐ Didn't do it for me (0)
No comments:

Thursday, April 18, 2013

Got me thinking...

Just a quick update on where things are with me. I started back on my Antidepressants. I'm feeling much better already. I guess I will be stuck taking them for a while. I know that depression runs deep in my family, so many people in my family are also stuck taking them. It is what it is. I don't feel so crippled that I can't think straight. Depression is a terrible thing to deal with.

Yesterday, my wife posed a random question to me. We were talking and she posed the scenario that if we didn't have kids, would I still want to stick around and stay in our marriage. I kind of hesitated and didn't know what to say. I just said... Umm, I don't know. She didn't like that answer. She started freaking out. I thought to myself that doing what's right for our children and their future is a large part of why I do what I do in life. I don't want to screw them up. So would I leave my marriage if I didn't have kids? Hmmm, I'm still not sure what I would do. I might have already given up at this point. That's the brutally honest truth. I might have just thrown in the towel and said "forget it, I'm done". How many of us have thought this before?

I also understand that my mind and judgement is kind of clouded and I'm not thinking totally clear right now. I love my kids and want the best for them. I have already played the scenario out in my mind, if I were to leave my marriage. It breaks my heart to think about another man raising my kids. I want that honor, and don't want to share it with anyone else. So yes, that keeps me in my marriage. Do I love my spouse? Yes, of course I do, but that part of my life has been brutally shattered and beaten by this thing called Porn that I am trying to repair right now. It's a very tough thing.

Sorry for the babbling, just some random thoughts going through my head right now. I'm definitely not a wordsmith.

Posted by John Smith at 9:18 PM
Reactions: ☐ Funny (0) ☐ Interesting (0) ☐ Inspiring (0) ☐ Didn't do it for me (0)
2 comments:

Thursday, April 4, 2013

Still Depressed

I have a few minutes alone, so I thought I would write a few of my feelings. I was reading another blog the other day and she was saying that she woke up "Drenched in Dopamine" and that it was a struggle to stay clean. This EXACT thing happened to me last night, however I gave in. I woke up in this tired, altered mental status and I couldn't really tell if I was sleeping or awake. After I "released" myself, I woke up. I feel bad. I was too tired to fight against that rush.

I have been very depressed lately. I think my wife is trying to get me to go to a psychiatrist, but with work and family life, it's been very difficult to find the time or the money to go. I have been on Lexapro for many years, but recently decided that I was tired of taking it, so I tapered myself off of it. If anybody has ever tried to get off of an SSRI, it is very difficult. But after a few months of tapering, I got off just fine. However, after a few months of being off the med, I am noticing that I am getting very depressed constantly. I feel terrible about myself, I have no desires to fight against my addiction. I have looked into moving out of my house and family and life and into another one (Less stressful... yea right). I know my thoughts aren't very clear right now, so I think I need to go see someone and start some meds again. I don't want to really, but I think I did better when I WAS taking an SSRI.

I hate restarting my "Pure and Clean" date. It starts over today for me. I think it seems to start over at least once a week. I haven't been sober for more than a couple weeks for a few years now. I get discouraged, and want to give up. I am trying to learn not to "Fight against my addiction" or "white knuckle it" but to accept it and deal with it. All that I have known how to deal with stressful situations, or when I am triggering, is to deal with it buried in PORN and MB. THAT has been my way of dealing with things. It's very good at numbing me of my stressors. Is it the healthy way to do? Heck no. But it works. So I need to learn how to deal with my triggers and stressors in a more healthy manner. So there's where I stand right now.

Posted by John Smith at 9:13 PM
Reactions: ☐ Funny (0) ☐ Interesting (0) ☐ Inspiring (0) ☐ Didn't do it for me (0)
6 comments:

Sunday, March 31, 2013

Depression

Over the past several years, I was taking antidepressants for anxiety and depression. Recently I wanted to get off of them so I tapered off them. Today I realize that I have sunk back into major depression again. I don't care about anything, all I want to do is escape from my life. This is how I get into trouble with porn and mb. Its an unhealthy escape route, but it does the job.

I think I need to get back on my antidepressants. Depression runs in my family so I think I'm going to be on them for my life. Dang...

Posted by John Smith at 9:11 PM
Reactions: ☐ Funny (0) ☐ Interesting (0) ☐ Inspiring (0) ☐ Didn't do it for me (0)
4 comments:

Wednesday, March 20, 2013

Gave in while I was on travel

I just got back from a trip out to Washington DC for my work. I just joined the USPHS Commissioned Corps. If you don't know what it is, look it up. It's one of the 7 uniformed services of the United States. Anyways, I had to be away from my job and family for 2 weeks for training. This is a total nightmare for addicts like myself. I always know that IF I am going away by myself, I'm most likely going to give into temptation and look at porn and masturbate. I guess it's just always been this way for the past 10 years.

For a few days, I was so busy that I really didn't have time to think about my addiction and my cravings. When I had a moment to slow down, I was feeling lonely and tired (2 of my greatest triggers). I started surfing the web, and went from good sites to porn sites very quickly. Needless to say, I felt bad afterwords. This happened 3 times while I was away during this 2 week period. I just got lazy.

As I look back and reflect on this experience, I was thinking about my daily's. Am I studying the scriptures every day? NO. Am I praying with real intent morning and evening, meal times, and every time in between? NO, not completely. Am I going to church every week, prepared and ready to learn and feel the spirit? NO, I really just go because it's what I should do and I teach the youth for Sunday school. Do I prepare for Sunday? NO, not really. Am I exercising every day? I WAS in preparation for my training, but since then I've been so tired that I haven't done much. So I guess that's part of my own answer to why this happened. I am not doing what I should be doing every day.

This morning I woke up horny. Not thinking much of it, I jumped into the shower and ended up masturbating. Why? Not sure. I had that panic feeling of "Oh crap, I'm horny and I feel like I NEED to have a release, or else I'm going to die all day and all night". It was easier to give into temptation, rather than to submit my will to God. So once again I am STARTING MY "CLEAN and PURE COUNT" all over again. It's depressing.

Posted by John Smith at 8:38 PM
Reactions: ☐ Funny (0) ☐ Interesting (0) ☐ Inspiring (0) ☐ Didn't do it for me (0)
3 comments:

Thursday, February 28, 2013

Feeling Down

Today I had to take a few minutes to describe how I have been feeling lately. The last several weeks have been very hard. I have felt like there is this "Invisible Wall" that has been built between my wife and I. I come home from work and I don't feel like talking or associating with her. I would assume this is because I am not making good decisions when it comes to my addiction, which drives our togetherness away.

In the past, I have suffered from mild depression and anxiety. Especially throughout my college years, I was in a medical program and it did an number on my family, on my health and on me personally. I was ALWAYS studying away from home. That was the only way I was able to get through my program. The downside was that I had a lot of time by myself. I had ample opportunity to delve into Porn when I was feeling overwhelmed, or depressed, or overly anxious for a test, or lonely when I was at the library studying for hours on end late at night. So I ended up taking antidepressants to get through school. A couple years later, I am JUST NOW getting off of them completely. I am starting to wonder if I really need to continue taking them.

I have been feeling down and low. I am bored with my life. Life is so stressful with kids, a wife, a messy house, an annoying dog, lots of bills, lots of debt, etc, etc, etc. Some people can manage life's stressors well, but I am not one right now that has a lot of patience. So whenever I come home from work, I just zone out. I watch TV, I play a stupid computer game, I play on my phone, I do ANYTHING that will dull my senses to get through the night.

The last 3 nights, I have masturbated in bed as I was going to sleep. It relaxes me, it is my crutch that I seem to turn to whenever I am lonely, depressed, angry, frustrated, or bored. I KNOW these are just a few of my many triggers, but avoiding these triggers is the hard part for me. Anyways, I have done this 3 nights in a row, right next to my wife in bed, without her even knowing. This morning she confronted me and asked me "if I have been good". It caught me off guard, and I blatantly lied and told her "Yes, of course I have". When I went to work, I was feeling guilty about lying to her, so I wrote her an email and confessed. I told her how I have been naughty. She hasn't confronted me again about it, but I will assume that she will before the night is over with. This makes me feel even more down on myself for failing once again and letting my wife and kids down.

I have been close to just checking out from my marriage for a while this week. I have been imagining what it would be like to just move out for a while and take care of myself and not having to worry about pleasing my wife and keeping her happy. When I catch myself thinking this way, I DO notice that there is a lot of "I" going on and no "WE" thinking. So I try to get away from it, but it has been on my mind a lot lately. I wish this whole addiction would go away. I told my wife that sometimes I just get tired of fighting my addiction, and just give in. It's much easier to give into the "easy road" sometimes than it is to do what's right. I'm not saying that I'm right, I'm just saying that it's just easier to give in sometimes. Anyways, life goes on...

Posted by John Smith at 6:29 PM
Reactions: ☐ Funny (0) ☐ Interesting (0) ☐ Inspiring (0) ☐ Didn't do it for me (0)
2 comments:

Sunday, February 24, 2013

My History in Brief

I thought I would back up and explain my sexual addiction history briefly.

-I discovered masturbation one night when I was 12 years old. I was sleeping outside all by myself, I had an itch that we've all had "down there". Too much itching and eventually rubbing led to feelings that I had never in my life felt before. I honestly had no idea what it was. Never heard about masturbation, never learned about it. The next night, did it again out of curiosity. After that, I was hooked.

-Tried to read up on it during high school and figure out what I was doing. Eventually the word masturbation came up and I thought that was what I was doing, so I tried to quit. But I couldn't. It was a regular thing before falling asleep. It was relaxing, it made me feel good, it was nice.

-Got one of my only serious girlfriends my Junior Year of high school. She was a year older than I was by a year and way more physical that I wanted to be...at first. I had never even kissed a girl until her. We made out A LOT. Kissing led to necking. Necking led to dry humping in cars, couches and empty houses. One night I was at her parents house, no one home, we were making out, and humping each other, when a moment came that I KNEW "if I take her into the bedroom and lie on her bed, we are going to have sex". We were leaned up against her bedroom door. LUCKILY I just couldn't do it. After several months, and months of my parents telling me not to do what I am doing, we broke up. She wanted to get married and I was still in High School. That ended that. Much masturbating at this point.

-Went on a mission. I was clean and sober for a few months before leaving. During my time in the MTC, I started masturbating again. It was depressing that I had failed before I even left the country, but it is what it is. I had problems with MB all throughout my mission. At one point, my companion even caught me MB in bed one night. He confronted me, we argued, the next day he told me that HE has had those problems as well and that he wanted to help me. We never got along much after that.

-Came home, continued to masturbate occasionally at night, or in the shower. Went to college. Met a few girls. One in particular I started to like a lot. We kissed a lot. she taught me how to french kiss, one night it was late, nothing to do, we went out to a field in the middle of nowhere, started making out. Long story short, cops showed up looking for someone else, told us to go home, (with fogged windows and all). Went over to drop her off at her house, started making out, hands got out of control, touched her breasts outside her shirt, then slipped into her shirt under the bra. I actually was "released" while all this was going on. After I went, I snapped out of what was going on, went home, didn't go to church the next day, confessed to my bishop, vowed never to do that again.

-That woman was the woman that I eventually ended up marrying. During courtship, we were naughty. Back massages without her shirt on, lying on top of each other to "Feel" each other, making out, necking, etc. No sex. All during this time, continually masturbating at night.

-A couple years into our marriage, I was bored one day. Overwhelmed, bored and feeling lonely. I was curious about what porn looked like, so I searched for something naughty, found exactly what I was looking for. The next several months and years I binged on Porn and masturbation at home, at school, anywhere I could get it. I had to study a lot at the library because it was quiet. Sometimes I would go to the library for the express purpose of looking up porn and masturbating in the bathroom. No one knew. Life at home became unmanageable. We fought all the time, I would leave on my own "Find Myself" trips, which I never found myself. I actually missed classes a few times due to my obsession with porn. It controlled me. I eventually told my wife about it. We were very close to getting a divorce. Months and months of misery.

-Since then, I have relapsed a few times for several months at a time. During one of my relapses, I lived close to my parents. They were notified of what was going on with me. My dad came over and kept giving me advice on what to do and how to be. I said "You have no idea what I've been through and what it's like to have such a strong addiction". He then came back and said "Yes I do, I was sexually molested when I was a kid by a family friend". I had no idea that happened. That was what snapped me out of my relapse. I got out of the hole I dug for myself and was feeling better.

-Still masturbate occasionally in bed with my wife sleeping right next to me, or in the shower, or whenever I can get alone.
-Still look at porn occasionally when I am feeling down, frustrated, or alone.
-Fight with my wife occasionally, especially when we are talking about visiting her parents or family. I REALLY don't want to hang out with them.

In a nutshell, that is a brief history of where I have been and what I have been up to. If I were to get divorced, we would have done it while I was at school. At least I think that's when it would have happened. Sometimes I still wonder if our marriage is going to last. I am still struggling, and I don't have a large support system in place to help me through. I feel like I can't open up to my wife at all.

So there you go.

Posted by John Smith at 3:40 PM
Reactions: ☐ Funny (0) ☐ Interesting (0) ☐ Inspiring (0) ☐ Didn't do it for me (0)
2 comments:

Thursday, October 4, 2012

Starting to Blog

WELCOME to my blog. This is going to document my struggles and accomplishments as an active LDS member who has an addiction to Pornography and Masturbation. It's tough in our culture.

I am so bored with life right now other than my photography. When I get bored, you know what happens next? I get into personal trouble. The last few months I have looked at porn and masturbated quite a lot. When I moved down to Kingman from Boise, our then bishop told us to use this opportunity to start a fresh and pretend like it never happened. I was trying to repent and do the right things, and I did good for a while. But several months ago, I got bored. I got lonely and sad and depressed. One day I couldn't take it any longer and felt the NEED to look at porn and MB afterwords. It's terrible to say, but it felt so good. It is SO incredible to me how strong the forces of sexuality really are. They get so strong at times that I feel as though I don't have a choice but to give into temptation and indulge or binge. As I am binging, I am not thinking about the consequences of my decisions. I am not thinking that this really hurts my wife and that she is going to get very angry at me when this is all done. I am not thinking about children and the poor example that I am setting for them. I am not thinking about the atonement and how Jesus has suffered for all my sins and that it hurts him physically every time I do it. All I am thinking about is what other dirty videos or pictures can I find next. How can I turn myself on even more than I am? How can I get this sexual craving to go away? After this indulging session, my sexual tension goes way down. I feel much better physically, but emotionally it just kills me. I feel terrible about it. THEN I feel guilty for what I did and sometimes I tell Eileen. A lot of times though I am so ashamed of what I did, or feel so bad and know how our conversation is going to go that I really want to avoid it all together. Most of the time though, Eileen knows when I did something bad and she will ask me if I have been good. I will say NO, and she then goes on to grill me about what happened, why did it happen, what were you thinking, blah blah blah. I usually just sit there and listen. I know what it does to me and I have learned over the years that it hurts her too. I just hate hearing about it each and every time I screw up. I have a sexual addiction. It is a very hard thing to fight. It is very hard to explain to somebody that does not suffer from a pornography addiction just how strong it is and how strong and difficult it is to fight.

Lately I feel like I have just given up. I have not looked at porn for a couple of weeks now, but I just don't care about MB anymore. I feel that it gets me through the tough times. Sometimes I feel that it is just easier to MB than to have sex with my wife. That's hard to say and I am sure Eileen wouldn't appreciate that comment, but the last two times that we have had sex, I couldn't last more than 3-4 minutes with her, before I am climaxing. Then after I'm done, I'm done and she's not fulfilled or done yet. It just leaves us both empty. It's not too much fun. So NOW I just want to avoid having sex all together, which is not good because sex was put on this earth for man and woman to enjoy as husband and wife. It bonds the couple together. There are strong emotions that go along with sex, so if you get to share those strong emotions with the one that you love, then it brings you closer together. I feel like we are missing out on that part of it. I can have sex, but I don't have this overwhelming strong desire to be close to her. I am sure it's my fault, not hers. Pornography damages feelings and relationships. It makes me dull and numb, lifeless. I hate it.

As far as what I am doing to get over it, I am doing very little. I have started to read "Jesus the Christ" which is a great LDS book that goes in great depth into the life of Jesus before he came to earth, his earthly ministry, what happened to the world after Christ was crucified, the long centuries of apostasy, which was when Christ's church got really screwed up, and why there was a need for a restoration. It's great and brings the spirit. I am not doing my "Daily's" which is reading my scriptures, praying, etc. I am praying every night, but not every day. I haven't read my scriptures for quite a while now. I haven't been to the temple for probably about 2 years now. I am just complacent and lazy. I wish I could dig down deep and find the desire to really change. I feel that when I get the courage and desire to change my ways, then life gets even tougher. Satan knows it's hard and pounces on the opportunity. I get tempted even more than normal. My sexual urges increase 10 fold. I get so sex crazed that I can hardly even concentrate on getting through the day. Its just easier to give in and get rid of those strong feelings. It's not the right thing to do, but its definitely the easiest.

Well that's all for now. My wife gets so paranoid when I start writing in my journal. She thinks I am talking about her. Mostly I just reflect back and talk about my feelings and thoughts. That's it.

Posted by John Smith at 8:57 PM
Reactions: ☐ Funny (0) ☐ Interesting (0) ☐ Inspiring (0) ☐ Didn't do it for me (0)
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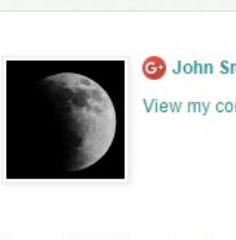

John Smith
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I am an LDS father, a husband, a son, a medical professional and I am addicted to pornography and masturbation, and have been for 9 years. This is MY story

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